

2021 ACTIVITY GUIDE

YOUR ULTIMATE SOURCE FOR SPRING AND SUMMER PROGRAMS

It's Time To Get Active Again!

Indoor and Outdoor Activities For Children & Adults

CARDIO AND WEIGHT TRAINING - PERSONAL AND SMALL GROUP TRAINING - GROUP EXERCISE - YOGA
LAP SWIMMING AND AQUA CLASSES - TENNIS - PICKLEBALL - CHILDREN'S SPORTS & FITNESS AND MUCH MORE!

PLUS THESE FAVORITES



**Mother's Day Tennis
Social**



Yoga



**Group & Private Swim
Lessons**



**Personal & Group
Training**



LAGUNA CREEK
SPORTS CLUB

9570 Racquet Court • Elk Grove, CA
916-684-8855 sparetimesportsclubs.com

*Offer expires April 30, 2021 and is a first visit joining incentive. Requires a one-time \$29 initiation fee. Cannot have been a member in the past 30 days to be eligible. Other restrictions may apply.

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Program Key: 🏠 Ages 📅 Program Dates 🕒 Days/Times



Group Exercise

The Club offers about 80 classes per week, including step, resistance, interval, dance, yoga, pilates, and other class formats. From early morning to late evening, there is a class designed for everyone.

Yoga

🏠 13+ 📅 Ongoing 🕒 Mon, Wed, Fri & Sat 10:00 AM
The Yoga for every body. This mind/body class uses traditional yoga poses, Pilates, tai chi, and breathing techniques to strengthen and lengthen and calm the body and mind.

Bootcamp

🏠 13+ 📅 Ongoing 🕒 Tue 5:00 PM & Sat 9:00 AM
This high intensity class includes cardio, strength, and agility drills to boost energy, endurance, and sports performance.

Power Pump

🏠 13+ 📅 Ongoing 🕒 Tuesday & Thursday 8:00 AM
The workout uses all types of equipment to improve muscular strength and endurance.

Performance Cycle

🏠 13+ 📅 Ongoing 🕒 Tuesday & Thursday 9:00 AM
This class is a technical ride, focused on helping you become a stronger athlete.



Fitness

Our experienced trainers have a variety of backgrounds, specialties, and professionally recognized certifications so you can rely on them to guide and motivate you to a new level of fitness. We offer programs designed for people of all fitness levels.

Personal Training

🏠 13+ 📅 Ongoing 🕒 By Appointment w/Trainer
You will achieve optimal results by incorporating strength, endurance, cardiovascular, and flexibility training. As you receive ongoing monitoring and support, you will increasingly progress to a higher level of fitness.

Boot Camp - Small Group Training

🏠 13+ 📅 Ongoing 🕒 Seasonal
Small group training with focus on increasing balance, strength, and cardio endurance.

Tennis

Whether you are a beginning player or a seasoned competitor, you have come to the right place. Few other sports clubs in the region offer you the court resources necessary to improve your game like us. Plus we have Pickleball too!

Cinco De Mayo Tennis Social

🏠 Adults 📅 April 24 🕒 Saturday 9:00 AM - 1:30 PM
Enjoy some great food and some great tennis as you kickoff the summer socials.

Mother's Day Tennis Social

🏠 Adults 📅 May 8 🕒 Saturday 9:00 AM - 12:00 PM
Play some tennis and have some fun at this popular tennis event.

Summer Adult & Junior Tennis Camps

🏠 Adults 📅 June 14 - Aug 26 🕒 Mon - Thu 10:00 AM - 12:30 PM

A great way to get started or sharpen your tennis skills. We have Adult and Junior Camps starting in June and run Monday through Thursday. A very popular tennis program.

Junior Team Tennis

🏠 18 & Under 📅 Ongoing 🕒 Seasonal
Junior players who are developing the interest to participate in organized tennis competition will want to join the team.

Junior Tennis Lessons

🏠 18 & Under 📅 Ongoing 🕒 By Appointment w/Pro
Thinking about a new sport for your child. Tennis is one of the fastest growing sports this year. Private and group lessons available.

Pickleball League

🏠 Adults 📅 June 14 🕒 Mon - Thu 6:30 - 8:30 PM
Join us for some friendly competition playing America's fastest growing sport. Match up with players of equal ability. Players of all levels welcome.



Swimming

A wide range of activities awaits you in the water. Choose from large lap pools for the cardio swimmer, water exercise classes led by a certified instructor, and for your enjoyment, our pools and therapeutic spas are heated year-round.

Master's Swim

🏠 18+ 📅 Ongoing 🕒 Monday & Wednesday 6:00 AM
Our year-round, instructor-led adult Masters Swim program focuses on lap swimming. Anyone that wants to come out for practice is welcome – whether you would like a workout, some stroke work or some of both.



Gators Swim Team

🏠 5 - 18 Yrs Old 📅 Monday - Friday
This program emphasizes the values of individual effort, teamwork, sportsmanship, and a strong team spirit.

Group & Private Swim Lessons

🏠 3 - 18 Yrs Old 📅 June 7 - August 20
The ability to swim is one of the best skills a child can have. It encourages participation in a variety of healthy and enjoyable water activities. Levels range from non-swimmer beginner to those who want to fine tune their techniques.

CLUB AMENITIES

- STRENGTH AND CARDIO FITNESS CENTER
- GROUP EXERCISE STUDIO
- GROUP CYCLING STUDIO
- BASKETBALL COURT
- 20 LIGHTED TENNIS COURTS
- TWO LAP AND RECREATION SWIMMING POOLS
- THERAPEUTIC SPA
- KIDS CLUB (7-17 YEAR OLDS)
- PLAY CENTER (6 WEEKS - 6 YEARS)
- FREE TOWEL SERVICE
- LOCKER ROOMS WITH SAUNA AND STEAM
- TWO RACQUETBALL COURTS
- TWO SQUASH COURTS
- CLUB CAFÉ